





THE GOOD HUSBANDS wives Jewell.

*Wherein is to bee found most
excellent and rare Deuises, for co-
ceits in Cookery, found out by
the practise of Thomas
Dawson.*

Wherunto are adioyned sundry
aproued receits for many soueraigne
*Oyles, and the way to distill many preti-
ous waters, with diuers aproued
Medicines for many
Diseases.*

*Also certaine approoued points of husbandry
very necessary for all husbandmen to know.*

Newly set forth with additions. 1610

Imprinted at London by E. A. for
*Edward White, dwelling at the little
North dore of Paules at the signe
of the Gunne.*

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Here followeth the order of meates,
*how they must be serued at the Table
with their sauces: for flesh daies
at Dinner.*

The first course.

Pottage o; stewed bzoath, boyled meate
o; stewed meate, Chickins and Bacon,
powdred Beefe, Pies, Cools, Pigge, Roasted
Beefe, roasted Heale, Custard.

The second course.

Roasted Lambe, roasted Capons roasted
Conies, Chickins, Pehennes, Baked Tenu-
son, Tart.

The first course at Supper.

A Salet, Pigges Petitoes, Powdred
Beefe sliced. a Shoulde of Button, o; a
bzoast, Ucale, Lambe, Custard.

The second Course.

Capons roasted, Conies roasted, Chic-
kens roasted, Pignons roasted, Larkes roasted,
a Pye of Pignons o; Chickins, Baked Te-
nison, Tart.

The service at Dinner.

A doien of Quailles, a dish of Larkes,
two pastres of red Decre in a dish, Tart,
Gingerbread, Fillets.

Service for Fish daies.

Butter, a Salet with hard egges, potage

The order of service
of sand Geles, and Lamperns, Red herring
greens boyled, White Herring, Ling,
Haberdine, Mustard, Salt Salmon min-
ced. Two Pasties of Fallow Deere in
a Dish, a Custard, a Dish of Leaches.

The second course.

Jelly, Peacocks, Sauce wine and salt,
two Conies or halfe a dozen Rabets, sauce
Mustard and Sugar, halfe a dozen of Pige-
ons, Mallard, Loyle, sauce Mustard and
Vergious, Gules, Stozke, Heronshew,
Crabbe, Sauce Valentine, Carlew, Bit-
ture, Bullarde, Feasant, Sauce water and
salt with Onyons sliced, halfe a dosen wood-
cockes, sauce Mustard and sugar, halfe a do-
sen Teales, sauced as the Feasants, a dosen
of Quails, a Dish of Larkes, two Pasties
of red Deere in a Dish, Tart, Ginger bread
Fritters.

Service for fish daies.

Butter, a Sallet with hard Egges, Red
Herring greene boyled, white Herring,
Ling, Habberdine, sauce Mustards, Salt
Salmon minced, sauce Mustard and
vergious, and a little Sugar, Powdzed
Conger, Shadde, Packrell, sauce Vinegar.
Whiting

at the Table:

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Whiting, sauce, with the Liver and Mustard, Mayce, Sauce Dozell, or Wine, and Salt or Mustard, or verjus.

Thornbacke: sauce, Liver and Mustard, Pepper & salt strowed vpon, after it is broyled: Fresh Cod, sauce, greene sauce:

Dace, Gullet, Eeles vpon soppes, Roche vpon soppes, Perch, Pike in pike sauce, Trowte vpon soppes, Tench in Gelly, or Gofell, Cusard.

The second course.

Flounders or flookes, pike sauce, Fresh Salmon, Fresh Conger, Brette, Turbot, Breame vpon soppes, Carpe vpon sops, Soles or any other fishes fried, Roasted Eels Sauce the dipping, Roasted Lampernes, roasted porpos, Fresh Rargion, sauce Valentine.

Crenis, Crab, Shrimps, sauce vinegar, Baked Lamprey, Tarts, Figgis, Apples, Almonds blanched, Cheese, Mayns, peares.

FINIS.

To boyle Larkes.



Take sweete bread, and straine it into a pipkin, and set it on the fire, and put in a peece of butter, and skim it as cleane as you can, and put in Hyppnags and Cin-
dure, and cut it a little, and so let it boyle, and put in Pepper, Cloues and Mace, Cyna-
mon and Ginger, and a little Mergions, and when you serue them vp, lay soppes in the Dish.

To boyle Conies.

Take a Conie, and parboyle it a little, then take a good handfull of Parsley and a few sweet hearbs, & the yolkes of foure hard Egges, chop them altogether, then put in pepper and a few Currans, and fill the Conies belly full of butter, then prick her head betwene her hinder-legges, but breake her not, and put her into a faire earthen pottle, with Sutton broth, and the rest of the stuffe roll it vp round, and put it in withall, and so boyle them well together, and serue it with soppes.

To

Cookery.

To boyle a Cony.

You must boyle your Cony, and straine your sweete breade into a Pipkin, and put in your meate, skumme it as cleane as you can, and put in a good deale of Ending, and cut it a little, and a good peeces of Butter, and all kinde of spices, and a little bergions, and so serue it on soppes.

To boyle Chickins.

First you shall take Chickens and boyle them with grapes and with a rache of Sputton together, and let the rache of Sputton boyle before the Chickins one houre and a halfe, and then make a bunch of herbs with Rosemary, Tyme, Sanoxy and Hysope, and also Sargerum, and binde them fast together, put them in the pot, and when you in your time put in your Chickins with parsely in their bellies and a little sweete butter, bergions and pepper, and when you haue so done, boyle your grapes in a little pipkin by themselves, with some of the broth of the Chickins, but take heede you boyle not them too much, no; yet too little, & then take the yolkes of five Egges and strayne them with a little broth of the pot, and when they are strayned put them in the pipkin to the grapes, and stirre them, and when they

begin to boyle, take them from the fire, and stirre them a good while after you haue taken them vp, and then haue your Syppits ready in a platter, and lay your meat vpon it, and then take your pipkin with grapes & all that is in it, and poure it vpon the meate: And after this sort serue it in.

To boyle Mutton and Chickens.

Take your mutton and Chickens, and set vpon the fire, with faire water, and when it is well scummed, take two handfull of Cabadge, Lettice, a handfull of currans, a good peece of butter, the iuyce of two or thre Lemmons, a good deale of grosse pepper, and a good peece of Sugar, and let them seeth all well together, then take thre or foure yolkes of egges together hard rosted, and straine them with part of your broth, let the seeth the quantity of an houre: serue your broth with meate vpon Syppits.

To boyle Chitkins.

Strayne your broth into a pipkin, & put in your Chickens, and skumme them as cleane as you can, and put in a peece of butter, and a good deale of Saffron, and so let them boyle, and put in all maner of spices,
and

and a little beringys picke, and a seth Barberies, and cut a Lemman in pieces, and scrape a little Sugar vpon them, and lay them vpon the Chickins when you serue them vp, and lay soppes vpon the dish.

Another way to boyle Chickens.

You must strain your broth into a pipkin and set it a boyling, & skumme it, and put in a peece of butter, & ending, and so let it boyle, and a seth currans, al manner of spices, and so serue it on soppes.

To boyle Plovers.

You must straine your sweet broth into a pipkin, and set them on the fire, and when they boyle, you must skum them, and then put in a peece of Butter, and a good deale of spennege, and a little parsy, and a peece of carret roote cut very small, and a few currants, and so let them boyle, and all manner of spices, and a little white wine, and a little vergice, and so serue them vpon soppes.

To boyle Teales.

Take sweet broth and Onions, and shred them, and spennege, and put in butter and pepper, and then laye it with tostes of bread,

bread, with a little bergions, and so serue it
on soppes.

To boile Steakes betweene two dishes.

You must put Parsely and currans, and
butter and bergions, two or thre yolkes
of egges. and Pepper, Cloues and Gace,
and so let them boyle together, and serue
them upon soppes.

To boile a Neates tongue.

In *primis* in faire water and salt, then pale
it, and cut it in the middle, and then boyle it
in red wine, and fill him full of cloues, and a
little suger, and then wash it with a little
sweete brothe, to doe away the sent of the
wine, and you must make a little red Mus-
ket with red wine and Ruyne boyled toge-
ther, then strayne it, and strayne a little mu-
stard in a fine clout together, and so serue it.

To boile a Capon.

Put the Capon into the potmber beele pot
e when you thinke it almost tender, take
a little pot and put therein halfe water and
halfe wine, marrow, currants, dates, whole
mace, bergice, pepper, and a little time.

The boile a Capon.

Soeth the capon it selfe in water and salt
and nothing else, and to make the broth,
Take

Take strong broth made with beefe or mutton broth, so that it be strong broth, and put into it rosemarie, parsely and time, with xii. leaues of sage, this let seeth in it a good while, and then put into it small raysons and a few whole mace. A quarter of an houre before it be ready to be taken from the fire, haue ready sodden 4. or 5. eggs boyled hard, take nothing out but the yolkes streine the egges with a litle of the same broth and bergice, haue a litle marrow cut in small pieces, and if that time of yeare doe serue, take the best of lettice, cutting off the toppes to the brist, and take a few prunes with two or thre dates. Thus let it seeth a quarter of an houre or more, and when it is ready to take vp, haue your dish with soppes ready and the water well drained out of the Capon, and then season the broth with a litle pepper, then take it and dish it and scrape vpon it a litle suger laying the prunes round about the dish Abe.

To boile a Capon with Orenge
and lemons.

Take Orenge and lemons pilled, and cut them the long way, and if you can, keepe your cloues whole, and put them into
your

your best broth of Sutton or Capon, with
 pynes or currants and thre or foure dates,
 and when they haue been well sodden, put
 whole pepper, great mace, a great pece of su-
 ger, some Rose-water, and either white or
 claret wine, and let all these seeth together
 a while, and so serue it vpon soppes with
 your capon.

To boyle a Capon in white broth
 with Almonds.

TAke your Capon with marrow bones
 and set them on the fire, & when they be
 cleane skinned, take the fattest of the broth
 and put it in a little pot with a good deale of
 marrowe, pynes, rayns, dates, whole ma-
 ces and a pint of white wine, then blanch
 your almonds and straine them, with them
 thicken your pot, and let it seeth a good while
 & when it is inough serue it vpon sops with
 your Capon.

To boyle a Capon in white broth.

TAke a good capon and scalde him and
 trusse him, and when he is faire washed
 put him into your pot, and take a good mar-
 row bone or 2. or if you haue no marrowe
 bones take a necke of Sutton, & when your
 capon is halfe boyled take a pottle of the up-
 permost of your broth and put it into a faire
 pot not

posnet, then take two handfulls of fine currans, and 8. dates, cut every one of them in foure pieces, and foure oz fine whole mace, foure spoonfulls of Clergious, and so much suger as an Eggs, a little Time and a little persely, and a little Margerum, and if you haue no margerum, then one small sprig of Rose-mary, bind all your hearbes fast together, and when you haue cleane washed them, put to the saide hearbes suger, currans, mace, & verinyce into your posnet, and a grated Nutmegge, & let them boyle altogether, and when it is almost inough. haue a smal handfull of almonds blanchèd beaten & strayned with a little of the same liquor, and put that into your broth a good quarter of an houre before you take it vp, and that will make it white, you must also put in some good pieces of marrowe, and let not the marrowe and the dates seeth about halfe an houre, you must take a good handfull of priens, and tie them in cleane clothes, and seeth them in the broth where the Capon is, when you take vp your capon to serue it in, lay a few supps, in the bottome of your platter, and lay a few Pines and Barberries both about the hzim of the platter, and also vpon the capon: you may boyle chickens in the like sort.

To

To make boiled meates for dinner.

Take the ribbes of a necke of Suttort, and stuffe it with *Paragerum*, *Sanels*, *time*, *parisely* choppe small, *currants*, with the yolkes of two egges, pepper and salt, then put it into a posnet with saite water, or else with the liquoz of some meate, with vineger, pepper and salt, and a litle butter, and so serue it.

To boile meates for supper.

Take beales and put it into a posnet with carrot roots, cut it in long paces, then boile it and put thereto a handfull of pyms and crummes of bread, then season it with pepper, salt, and Vineger.

To boile a legge of Mutton with a Pudding.

First with the knife raise the skin round about, till you come to the ioynts, & when you haue perboiled the meate, Mied it fine with sewit or marrow, *parisely*, *Paragerum*, and *penyball*, then season it with pepper, and salt Clones *Mace*, and *Cinamon*, and take the yolkes of ii. or r. Egges, and mingle with your meate a good handfull of currants, and a fewe minted Dates and put the meate

meate into the skinn of the legge of Spenton and close it with pyches, and so boyle it with the broth that you boyle the capon, and let it seeth the space of two houres.

To boyle Pigs feete and petitoes.

Take and boyle them in a pint of bergice and bassard, take 4. Dates minced with a few small raisons, then take a little time and choppe it small and season it with a little synamon and ginger and a quantity of bergice.

To make a mortis.

Take almonds and blanche them, and beate them in a morter, and boyle a Chicken, and take all the flesh of him and beate it, & straine it together with milke and water, and put them into a pot. and put in suger, and stirre them still, and when it hath boyled a good while, take it off, and let it a cooling in a pail of water, and straine it againe with Rose water into a dish.

To boyle a Lambes head
and purtenance.

Straine your broth into a pipkin, and set it on the fire, and put in butter, and skim it as cleane as you can, and put in your meate, and put in endiue, and cut it a litle, &
straine

Straine a little pease, and put into it, and currans and pynes, and put in al maner of spices, and so serue it vpon soppes.

To boile Quales.

First put them into a Pot with sweete broth, and set them on the fire, then take a carret roote, & cut it in pieces & put it into the pot, then take parsley with sweete hearbs, and chop them a litle and put them into the pot, then take Mynamon, Ginger, Nutmegges, and Pepper, and put in a little veruyce, and so season it with salt, serue them vpon soppes, and garnish them with fruit.

To make stewed Steakes.

Take a peece of Mutton, and cutte it in peeces, and wash it very cleane, and put it into a faire pottle with Ale, or with halfe wine, then make it boyle, and skumme it cleane, & put into your pottle, a saggot of Rosemary and Thyme, then take some Parsely picked fine, and some Onions cut round, and let them all boyle together, then take pynes & raysons, dates and currans, and let it boyle altogether, and season it with Mynamon and Ginger, Nutmegs, two or thye Cloues, and salt, and so serue it on

it on soppes, and garnish it with fruite.

To stew Calues feete.

TAke Calues feete saire blanchéd, and cut them in the half, and when they be moze then halfe boyled, put to them great raisins, mutton broth, a little saffron, and sweet butter, pepper, sugar, and some sweete hearbes finely minced: boyle Calues feete. sheepes feete. or lambes feete with Mutton broth. sweete hearbes and Onyons chopped fine, Butter and Pepper, and when they boyle, take the yolke of an egge and Strains it with bergice, and so serue it.

To stewe a Mallard.

TAke your Mallard, and seeth him in saire water, with a good Parte bone. and in cabbadge wort, or cabbadge lettice. or both. or some parsnep rootes, and carrot rootes and when all these be well sodden, put in pines, put in pines enough. and three dates. and season him with salte, cloves and mace. and a little sugar & pepper. and then serue it sooth with sippets, and put the marie vpon them. and the whole mace, lay on the sippets, and the dates quartered, and the pines, and the rootes cut in round slices, & lay them vpon the sippets also, and the cabbadge leaues lay vpon the Mallard.

B

To

To make Aloes.

Take a legge of beales or mutton, & slice it in thin slices, and lay them in a platter, and cast on salt, and put thereon the yolkes of tenne egges, and a great soyle of small rayns and dates finely winced, then take vinegar and a little saffron, cloves and mace and a little pepper, and mingle it together, and poure it all about it, and then all so worke it together, and when it is thoroughly seasoned, put it on a spit, and set platters vnderneath it, and baste it with butter and then make a sauce with vinegar and ginger, and sugar, and lay the aloes vpon it and so serue it in.

To make Fritters of Spinnedge.

Take a good deale of Spinnedge, & washe it cleane, then boile it in faire water, and when it is boyled then take it forth, and let the water runne from it, then chop it with the backe of a knife, and then put in some egges and grated bread, and season it with sugar, cinamon, ginger & pepper, dates minced fine, and currans, and rowle them like a ball, and dippe them in butter, made of Ale and flower.

A Fritter to be made in a
mulde.

Take

of Cookery.

Take Ore white, and mince it fine, then take Dates and mince them fine, then take Currans, Egges, white grated bread, and season it with suger, Annamon, and ginger, cloues, mace, and saffron, and mixe it well together, then driue a thicke Cake of paste, and lay in the molde, and fill it with the stuffe, and lay another Cake of paste vpon it, then iogge it about, and so frye it.

To boile Pigeons in blackebroath

First roste them a little, then put them in an earthen pot; with a litle quantity of sweete broth, then take Onions, and slice them, and set them on the coales with some butter to take away the scent of them, put them into the Pigeons, and layze it with a tosse of bread, drabone with vinegar. then put some sweet hearbs halfe cut, and Annamon and Ginger, and grosse Pepper and let them boyle, and season them with salt, serue them vpon toppes, and garnish them with suit.

To smere a Conie.

Take the Livers and boyle them, and chippe it, and sweet hearbs, apples, and the yolkes of hard egges, and choppe them altogether, and currans, inger, synamon,

ginger and persely. and fill the Conny full
heretof. then put her into the sweete broth,
and put in sweete butter, then choppe the
yolkes of hard egges. cynamon, ginger. Du-
ger. and cast it on the Cony, when you serue
it vp, season it with salte, serue it on soppes,
and garnish it with fruit.

To boyle a Mallard with
Cabbadge.

Take some cabbedge and picke and wash
them cleane. and perboyle them in faire
water. then put them into a Collender. and
let the water runne from them cleane, then
put them into a faire earthen pot, and as
much sweete broth as will couer the cab-
bedge. and sweete Butter. then take your
Mallard and roast it halfe enough. and save
the dripping of him, then cut him in the side,
and put the Mallard into the Cabbedge. and
put into it all your dripping: then let it steu
an houre. and season it with salte. and serue
it vpon soppes.

To boyle a Ducke with
Turneps.

Take her first and put her into a potts
with stewed broth. then take persely,
and sweete hearbs and chop them, and per-
boyle the rootes very small in another potts,
then

then put vnto them sweete butter. Cinnamon. Ginger. grosse Pepper and whole Bace, and so season it with salt, and serue it vpon soppes.

To make white Estings.

Take great Omeale, and lay in milke to keepe, then put in the yolkes of some Egges. and take Oye white and mince it small, then season it with suger. cynamon. ginger. cloues. mace. and saffron. and salte. and so fill them.

To make blacke-puddings.

Take great Omeale, and lay it in milke to keepe, then take Sheepes blood and put to it, and take Oye white and mince into it, then take a fewe sweete hearbes. and two or three leeks blades. and choppe them very small. and then put into it the yolkes of some egges, and season it with Cinnamon, ginger. cloues. mace. pepper and salt. and so fill them.

To make strong broth for
sicke men.

Take a pound of Almondes, and blanch them, and beate them in a mortar very fine. then take the baines of a Capon, and beate with it, then put into it a little cream. and make it to passe through a strayer. then

then set it on the fire in a dish and season it with rose water and sugar, and stirre it.

To boyle a Breame.

Take white Wine, and put it into a pot, and let it sceth, then take your Breame and cut him in the midst, and put him in, then take an Onion and chop it small, then take Nutmegs beaten, Cinamon and ginger, whole mace, and a pound o. Butter, and let it boyle altogether, and so season it with salt, serue it vpon soppes, and garnish it with fruit.

To boyle Muskles.

Take water and yest, and a good dish of butter, and Onions chopt, and a little pepper, and when it hath boyled a litle while theresse that your Muskles be cleane washed; and put them into the boath shels and all, and when they be boyled well then serue them boath and all.

To boyle stockefish.

Take Stocke fish when it is well watered and pick out all the baste cleane from the fish, then put it into a pipkin, and put in no more water ther: shall couer it, and set it on the fire, and as soone as it beginneth to boyle on the one side, then turne the other side to the fire, and as soone as it beginneth to

to boyle on the other side, take it off, and put it into a Colander, and let the water runne out from it, but put in salt in the boyling of it, then take a little faire water and sweets butter, and let it boyle in a dish untill it be something thicke, then powde it on the flesh-fish and serue it.

To make bake meates.

Take a legge of Lambe, and cut out all the flesh, and save the skine whole, then mince it fine, & white with it then put in grated bread, and some egges white and all, and some Dates and Currantes, then season it with some Pepper, Dymon, Ginger, and some Nutmegges and Carrawaies, and a little Cream, and temper it altogether, then put it into the legges of the Lambe againe, and let it bake a little before you put it into your Pye, and when you haue put it into your Pye: then put in a little of the pudding about it. and when it is almost baked, the put in berries, sugar and sweets butter, and so serue it.

Another bake meat.

Take a legge of beale, & cut it in slices, and beat it with the backe of a knife, then take lime, margerum and penicill, fennel, and parsley, and one Onion,

and choppe them altogether very small, then breaks in some egges whites and all, and put in your herbes, and season it with pepper. nutmegs. and salte. and a litle suger, then stirre them altogether. and then lappe them uplike allowes, and cast a few cor- rants. and dafes. and butter amongst them.

An other bake meat.

Take two pound of white. and a litle beale. and mince it together. then take a litle penicill. Sauery and Pargerum. and bisset leekes. and choppe them fine, and put in some egges. and some cream. then stirre it all well together. and season it with pepper. nutmegs and salt. then put it into the pie. and cut the lid. and let it bake till it be drie. then serue it.

To make Marie pies.

Make fine paste. and put in the white of one egge and suger, & when they are made in litle coffins. set them into the Oven upon a paper a litle while. then take them out and put in marie. and then close them up and picke them, and set them in againe, and when they are broken serue them with blanch powder strewed upon them.

To

To boyle Pie meat.

Take a legge of mutton, and mince it very fine with sewet, and seeth it in a little pan or an earthen pot with butter. and season it with Clones. Mace great Mayns. and plumes. and salt. and serue it in a dish. and if you will put in some ioyce of Drenge. and lay halfe an Drenge vpon it.

To make fine Cakes.

Take fine flower and good damaske water. you must haue no other liquor but that. then take sweete butter, two or thre yolkes of egges and a good quantity of Sugar, and a few clones and mace. as your Cookes mouth shall serue him, and a little saffron. & a little Gods good about a spoonfull. if you put in too much, they shall arise. cut them in squares like vnto trenchers, and picke them well, and let your Duen be wel swept and layt hem vpon papers. and so set them into the Duen. doe not burne them. if they be thre or foure dayes olde they be the better.

To make fine cracknels.

Take fine flower and a good quantity of egges as many as will supplie the flower then take as much suger as wil sweeten the paste, and if you will not be at the cost to
rayle

rayse it with Egges, and put thereto swete water, Cinnamon, and a good quantity of Nutmegges and mace, according to your bread, take a good quantity of Annis seede, and let all this be blended with your flower, and the putting in of your egges or other moisture, then set on your water, and let it be at seething before you put in your Cracknels in it, they will goe to the bottome, and at their rising take them out and wipe them with a cloth, then bake them.

To bake Conies.

HAve fine paste ready, wash your Conies and purboyle them, then cast them into the colde water, then season them with salt and ginger, lay them into the paste, and upon them lay leached larde, close them and bake them.

To bake a breast of Veale.

Take and breake the bones thereof in the middlest, and purboyle him, and take out the bones, and season him with pepper and salt, and lay him in the coffin with a little sweet butter, and close him up, then make a cawdel of the yolkes of egges, and straine it, and boyle it in a chafing dish of coales, and season it with sugar,

get, and put it in the ppe, and set it into the ouen ag aine.

To make a Pudding in a breast
of Veale.

Take Parsley and Lime, wash them
picke them, and choppe them small,
then take 8. yolkes of egges. grated bread.
and halfe a pint of cream being very sweet.
then season it with pepper. Clones and
Saffron and Sugar. small Maylines
and salt. put it in and roste it and serue it.

To bake a Gammon of bacon.

Take a Gammon of Bacon. water it fve
dayes. and perboyle him halfe enough.
and lay him in presse. then take the sinerow
off him and stuffe him with clones. and sea-
son him with pepper and saffron. And closes
up in a standing ppe. bake him. and so serue
him.

To make fine bisket.
bread.

Take a pound of fine flower. and a pound
of suger. and mingle it together. a quar-
ter of a pound of Annis seeds. beat eggs.
two or three spoonfulls of Rose water. put al
these into an earthen panne. And with a
lice of Willow beate it the space of two
hours.

houres, then fill your moulds halfe full, your mouldes must bee of Linne, and then set it into the oven, your oven being so hotte as it were for cheate bread, and let it stand one houre and a halfe: you must annoint your mouldes with butter before you put in your stuffe, and when you will occupy of it, slice it thinne, and dry it in the oven, your oven being no hotter then you may abide your hand in the bottome.

To bake a Turkie, and take out his bones.

Take a fat Turkie, and after you haue scalded him and washed him cleane, laye him vpon a faire cloth, and slit him throught out the backe, and when you haue taken out his garbidge then you must take out his bones so bare as you can, when you haue so done, wash him cleane, then trusse him, and picke his backe together, and so haue a faire kettie of seething water, and perboyle him a little, then take him vp that the water may runne cleane out from him, and when he is colde, season him with pepper and salte, and then picke him with a few cloues in the breast, and also drawe him with larde if you like of it, and when you haue made your coffin, and laide your
Turkie

Turkie in it. then you must put some Butter in it, and so close him vp, in this sort you may bake a goose, pheasant or capon.

To bake a Kidde.

Take your Kid & perboile him, and wash it in vergice and saffron, and season it with pepper, salt and a little mace. then lay it in your coffin with sweete Butter, and the liquoz it was seasoned in, and so bake it.

To bake a Mallard.

Take three or foure Onions, and Stamp them in a mortar, then straine them with a saucer full of vergice, then take your mallard, and put him into the iuyce of the saide Onions, and season him with pepper, and salt, cloves and mace, then put your Mallard into the coffin with the saide iuyce of the onyons, and a good quanttie of Winter Sausage, a little Time and persely chopped small, and sweete butter, so close it vp, and bake it.

To make a Pic of humbles.

Take your humbles being perboyled and choppe them very small with a good quantity of Button sewet, and half a handfull of herbs following, Time, margerum, bozage, persely, and a little rosemary.

and season the same being chopped, with pepper, cloves and mace. and so close your Pie and bake him.

To bake a Redde Deere.

Take a handfull of Lime. and a handfull of Rosemary. a handfull of winter sauerie. a handfull of bay leaves. and a handfull of fennell. and when your liquor sceths that you perboyle your venison in. put in your herbs also. and perboyle your venison untill it be halfe enough. then take it out and lay it vpon a faire boorde. that the water may runne out from it. then take a knife and prycke it full of holes, and while it is boorne. haue a faire Traye with Vineger therein. and so put your venison therein. from morning untill night. and euer now and then turne it vpside downe, and then at night haue your coffin ready. and this done. season it with Cinamon. ginger. and gaudmegges. pepoer and salte. and when you haue seasoned it. put it into your Coffin. and put a good quantity of sweete Butter into it. and then put it into the Oven at night when you goe to bedde. and in the morning draw it forth and put in a saucer full of Vineger into your Pie. at a hole aboue in the topps of it. so that the Vineger may runne

sunne into euery place of it, and then stoppe the hole againe and turne the bottome vpward, and so serue it in.

Another bake meate for
Chickins.

First season your Chickins with Sugar. Cinamon and ginger. and so lase them in your Pie, then put in vpon them Gooseberries or grapes, or Barberies. then put in some sweete Butter. and close them vp. and when they be almost baked. then put in a Cawle made with hard egges. and white wine. and serue it.

To bake Calues feete.

TAke Calues feete and boyle them. and choppe them fine. and a pound of white. and chop it with them. then chop an Onion small. and put it in them. then take prunes. dates and currans. and put to them. season them with Pepper. Nutmegs. and a little large Spice. then put in some Egges. and stirre it altogether, and put it into a Pie. and let it bake two houres. then put in a little bergice and sugar. and so serue it.

To souce a Pigge.

TAke white Wine. and a little Sweets
b3 oth. and halfe a score Nutmegs cut
in quarters. then take Rosemary. Bayes.
Lime

Limes, and sweete Pargerum. and let them boyle altogether, skimme them very cleane and when they be boyled. put them into an earthen pan. and the Acrope also. and when you serue them, a quarter in a dish. and the Bayes and Nutmegges on the toppe.

The order to boyle a brawne.

TAke your B:alone, and when you haue cut him out, lay him in faire water foure and twentie houres, and shift it foure or fve times. and scrape. and binde vp those that you shall thinke good, with Wempe, binde one handfull of greene Celil'owes together. and lay them in the bottome of the panne, and then put in your B:alone, and skimme it very cleane, and let it boyle but softly, and it must be so tender, that you may put a straw through it, and when it is boyled enough. let it stand & coole in the panne, and when you take it vp let it lye in traies one houre or two, and then make sowling drinke with ale and water, and salte. and you must make it very strong, and so let it lie a weeke before you spend it.

To make Almond butter.

TAke Almonds and blanch them, and beate them in a Morter verie small, and

and in the beating, put in a little water, and when they be beaten, pours in water into two pots, and put in halfe into one, and half into another, and put in Sugar, and Stirre th. m Still, and let them boyle a good while, then straine it through a straynet with rose water, and so distill it vp.

To roast a Hare.

You must not cut off her head, feete nor eares, but make a Wadding in her bellie, and put paper about her eares that they burne not, and when the Hare is roasted you must take synamon and Ginger, and grated bread, and you must make very sweet sauce, and you must put in Barbories and let them boyle together.

To make a fritter stufte.

Take fine flower, and three or foure eggs and put into the flower, and a peece of Butter, and let them boyle altogether in a dish or Chaffer, and put in Sugar, Synamon and ginger, and Rosewater: and in the boyling, put in a little grated bread to make it big, and then put it into a disse and beat it well together, and so put it into your moulds, and frye it with clarified Butter, but your butter may not be too hott nor too colde.

C

For

A booke
For to bake a Hare.

Take your Hare and perboile him, and mince him, and then beat him in a mortar very fine, liner and all if you will, and season it with all kinde of spices and salts, and doe him together with the yolkes of seven or eight egges, and when you have made him vp together, drawe large bores thicke through him, and mingle them altogether, and put him in pis, and put in butter before you close him vp.

To preserve Orenge.

Ye must cut your Orenge in halfe, and pare them a little round about, and let them lie in water, fours or five daies. and you must change the water once or twice a day, and when you preserve them, you must have a quart of faire water to put in your Sugar, and a little Rosewater, and set it on the fire, and scumme it very clean, and put in a little Synamon, and put in your Orenge, and let them boyle a little while, and then take them out againe, and doe so five or six times, and when they be enough, put in your Orenge, & let your Syrop stand till it be colde, and then put your Syrop into your Orenge.

To make all maner of fruit

Tarta.

You must boyle your fruits, whether it be apple. cherrie. peach. damson. pears. Mulberries or codling. in faire water, and when they be boyled enough, put them into a bowls. and bruse them with a Rable, and when they be colde, straine them. and put in red wine, or Claret wine, and seascion it with suger, Annamion and ginger.

To make a Tarte of preserued
stufte.

You must take halfe a hundredeth of Cardus, and pare them, and cut them and as soon as you have cut them, put them into a pot and put in two or three pounds of suger. and a pinte of water. and a little Rose water, and sticke them from the time you put them in, untill the time you take them out againe. or else you may also put it into a dish, and when your Tarte is made, put it into the Oven. and when it is baked. embaze it with butter. and thro w suger on the toppe. and then doe on your sauce. and let comfets on the top and so serue it vp.

To make a Tarte of Prunes.

Put your Prunes into a pot, and put in red wine or claret wine, and a little suger
C 2 water,

water, and stirre them now and then, and when they be boyled enough, put them into a bowle, and straine them withinger, synamon and ginger.

To make a Tart of Ryce.

Boyle your Ryce, and put in the yolkes of two or thre Egges into the Ryce and when it is boyled, put it into a dish, and season it with Sugar, Synamon and ginger and butter, and the iuyce of two or thre Oranges, and set it on the fire againe.

To make a Custard.

Breake your Egges into a bowle, and put your creame into another Bowle, and straine your egges into the creame, and put in saffron, cloves, and mace, and a little synamon and ginger, and if you will, some Sugar and butter, and season it with salte, and melt your butter, and stirre it with the Lable a good while, and dubbe your custard with dates or currans.

To make a Tart of Wardens.

You must bake your Wardens first in a Pie, and then take all the wardens and cut them in foure quarters, and coare them and put them into a Tarte pinched, with your Sugar, and season them withinger, Synamon and Ginger, and set them in the

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the Oven, and put no cover on them, but you must cut a cover, and lay on the Tarts when it is baked, and butter the Tarts and the cover too and endore it with sugar.

To make a Tarte with Butter
and egges.

Bake your Egges, and take the yolkes of them and take butter and melt it, let it be very hott ready to boyle, and put your butter into your Egges, and so straine them into a bowl, and season them with Sugar

To make a Tart of
Spennedge.

Boyle your Egges and your Creams together, & then put them into a bowl, and then boyle your Spennedge, and when they are boyled, take them out of the water and straine them into your Ruffe before you straine your Creams, boyle your Ruffe and then straine them al againe, and season them with sugar and salt.

To make a Tarte of
Strawberries.

Wash your Strawberries, and put them into your Tarte, and season them with sugar, synamon and Ginger, and put in a little red wine into them.

A Booke
To make a Tarte
of hippes.

The Hippes and cut them. and take the seeds out, and wash them very cleane, and put them into your Tarte. and season them with suger. sinamon and ginger.

So you must preferue them with suger. synamon and ginger. and put them into a gelly pot close.

To bake the humbles of a
Deere.

Mince them very small. and season them with pepper. sinamon, and Ginger. and suger if you will. and Cloues. and Mace. and dates. and currants, e if you will, mince Almonds, and put into them. & when it is baked, you must put in fine fat, and put in suger. sinamon and Ginger. and let it boyle. and when it is minced. put them together,

To make a veale Pie.

Let your Eleale boyle a good while, and when it is boyled. mince it by it selfe. and the white by it selfe. and season it with salt and pepper, sinamon and ginger. and suger. and cloues and mace, and you must haue pones and sayling, dates and currants on the toppè.

For

For to make Mutton pie.

Mince your mutton and your tohisto-
gether, and when it is minced, season it
with pepper. Symmon & ginger, and Cloues
and mace, and pines. currants and bates
and raisins and hard egges boyled and chop-
ped very small, and throw them on the top.

To bake Calves feete.

Seaſon them with ſalte. pepper. and but-
ter and Currants if you will, and when
they be baked, put in a little white wyne
and ſuger. or vinegar and ſuger. or bergies
and ſuger.

To bake Chickens in a
Cawdle.

Seaſon them with ſalt and pepper, & put
in butter and ſo let them bake, and when
they be baked, boyle a few Barberies,
and pines and currants. and take a little
white wine or bergies, and let it boile. and
put in a little ſoger, and let it on the fire a li-
tle. and ſtraine in two or thre yolkes of
egges into the wine, and when you take the
diſh off the fire, put the pines and Cur-
rants and Barberies into the diſh, and then
put them in altogether into the Pye of chic-
kens.

A booke

To bake Pigeons,

Seaſon them with pepper and ſalt and butter.

To bake a Cony.

Seaſon him with Pepper and ſalt, and ſput in butter and currantes, and when it is baked put in a little bergere, and ſuger into the Pie, and ſerue it vp.

To bake a Gammon of bacon
to keepe colde.

You muſt firſt boyle him a quarter of an houre beſore you ſtuffe him, and ſtuffe him with ſweete hearbes and hard Egges chopped together or perſells.

To bake a filler of beefe to
keepe colde.

Mince him very ſmall, and ſeeth him with Pepper and ſalte, and make him vptogether accordingly and put them in your Pie, and lard them very thicke.

To make fine bread.

The halfe a pound of fine ſuger well beaten, and as much flower, and put thereto ſoure Egges whites, and being be-
y well beaten, you muſt mingle them with ruiſeedes bynleo, and being all beaten together, put into your moulds, melting the ſauce ouer firſt with a little butter, and ſet
it

it in the Oven, & turne it twice or thrice in the baking.

To bake a Neates tongue.

First powder the the tongue three or foure dayes, and then seeth it in faire Water, then blanch it and Lard it, and season it with a little pepper and Salte, then bake it in his paste, and before you close vpp your pie, Crome vpon the tongue a good quantitie of Clones and Pace beaten in powder, and vpon that halfe a pound of Butter, then close vp your pie very close, but make a round hole in the topp of the Pie. Then when it hath stood more then foure houres in the oven, you must put in halfe a pinte of Vinegar or more, as the Vineger is sharpe then close vp the hole very close with a piece of paste, and set it in the oven againe,

To make Muggets.

First perboyle them, and take white and choppe them both together, and put carantes, Dates, Cynamon and Ginger, Clones, and Pace, and grosse Pepper and Sugar, if you will, two or three volkes of Egges, and seethe them together, with Salte, and put in the stufte into the catules of Button, and so put them in dishes, and take

take two or thre egges white and all. and put them on the coales, and make some pretty sauce for them.

To make fillets of beefe or clods
in stead of redde Deere.

First take your Beefe and Larde it very thicke, and then season it with Pepper & Salte. Wynamon and ginger. Cloves and Spice good store, with a great deale more quantity of Pepper and Salte, then you would a peeces of Mawson. and put it in covered Paster, and when it is baked, take vinegar & Sugar, Wynamon and Ginger, and put in, and shake the Paster. and stoppe it close. and let it stand almost a fortnight before you cut it up.

To make a Tarte that is a courage
to a man or woman.

Take two Quinces and two or thre Butte rootes, and a potaton, and pare your Potaton and scrape your rootes and put them into a quart of wine, and let them boyle till they be tender, and put in an ounce of Dates, and when they be boyled tender, draw them through a Strainer, Wlins and all, and then putte in the yolkes of eight Egges, and the haines of thre or foure cocks Sparrowes, and Straine them into
the

the other and a little Rose water, and saith them all with Sugar, Syriamon and Ginger, and Cloues and Spice, and put in a little swete butter, and set it vpon a chafin dish of coles. betweens two platters, and so let it boyle till it be something bigge.

To stew a Cocke.

You must cutte him in five peeces. and washe him cleane and take Prunes, Currants and Dates, cutte very small, and Rayns of the Sunne, and Sugar beaten very small, Cynamon, Ginger, and Nutmeggs likewise beaten, and a little Cardus haye cutte very small, and you must put him in a pipkin, and put in almost a pinte of Muscadine, and then your spice and Sugar vpon your Cocke, and put in your fruite betweene every quarter, and a peeces of Calbe betweene every peeces of your Cocke, then you must make a Liede of Wood sit for your pipkin. and close it as close as you can with paste. that no ayre come out. nor water can come in. and then you must fill two brasse pots. so that the pipkins feete touch not the brasse pot bottom. nor the pot sides. and so let them boile
four

four and twenty houres, and fill vpp the pots still as it boyles away, with the other pot that stands by, and when it is boyled take out your Colde, and let him drinke it fasting and it shall helpe him, this is approued.

To preserue all kinde of fruits, that they shall not breake in the preseruing of them.

Take a platter that is plaine in the bottome, and lay suger in the bottome, then cherries or any other fruit, and so betweens euery cotels you lay, thow suger, and set it vpon a pots head, and couer it with a dishe, and so let it boyle.

To make a sirop for bake meates.

Take Ginger, Cloues and Spice, Nutmegs, beate all these together very fine and boyle them in good red Winegar, untill it be some what thicke, this beeing done, drain your pie, when it is hard baked and a small hole being made in the corner thereof at the feet, with a Tunnell of paste, you must powder the siccase into the pie, that done couer the hole with paste, and stoppe the pie well, and set it againe in the Oven till it be thoroughly baked, and when you haue

have broyled it, turne the bottome upward
vntill it be serued.

To roast a Carpe or Tench with a Pud-
ding in his belly.

Take the Rones of a Pike, and choppe
the very small, then put in grated bread
two or thre Egges, Currans, Dates, Sa-
ger, Cinamon and Ginger and Mace,
Pepper and Salt, and put it in his belly, and
put him on a brooch, and make sweet sauce
with Barberies, or Lemmons minced, and
put into the sweete sauce, and then put it on
the Carpe, when you serue it vp.

To make a fresh Cheese and
Creame.

Take a gallon or two of milke from the
Cowe, and seeth it, and when it hath
seeth, put thereunto a quart or two of
morning Milke, in faire cleansing pans, in
such place, as no dust may fall therein, and
this is for your clotted Creame, the next
morning take a quart of mornings milke,
and seeth it, and when it hath seeth. put in a
quarte of Creame thereunto, and take it off
the fire, and put it into a faire earthen pan,
and let it stand vntill it be somewhat blood
warre, but first last night, put a good
quantity

quantity of Ginger. with Rosewater, and
 stirre it together, and let it settle all night,
 and the next day put into your said blood-
 warme milke to make your Cheese come,
 then put the Curdes in a faire cloth, with
 a little good Rosewater, and fine powder
 of Ginger, and a little Sugar, so fast, greate
 soft rowles together with a thred, and crush
 out the Whey with your clowted Creame,
 and mixe it with fine powder of Ginger, and
 Sugar, and so sprinkle it with Rosewater,
 and put your Cheese in a faire dish, and
 put these clowtes round about it, then take
 a pinte of raw Milke or Creame, and put
 it in a pottle, and all to shake it, untill it be
 gathered into a frothlike snow, and ever as
 it commeth, take it off with a spoone, and
 put it into a Collender, then put it upon your
 fresh Cheese, and picke it with Masers,
 and so serue it.

THE NAMES OF ALL thinges necessary for a banquet.

Suger.	Cinamon.	Ricozas.
Pepper.	Pulmigs.	All kinds of
Saffron	Saunders.	Cumsets.
Aniseedes.	Collander	Djenges.

Wome

Pomegranet.	Lemons.	Damaska
Layneli.	Rosewater	Water.
Pinnes	Rayns	Dates.
Corrans	Rie flower	Cherries con-
Barberios (b-	Ginger.	serued.
serued.	Cloues and	Sweet Oran-
Pepper white	Spice.	ges.
and browne.		Waters

For your Marchpanes seasoned, and
unseasoned & pinnedges.

To make Manus Christi.

Take five spoonfull of Rose water, and
graines of ambergreene, and 4. graines
of Pearls beaten very fine, put these thyes
together in a Sancer, and cover it close,
and let it stand covered one houre, then
take foure ounces of very fine sugar, and
beate it small, and searce it through a fine
searce, then take a little earthen pot glazed
and put into it a spoonfull of Sugar and a
quarter of a spoonfull of Rosewater, and
let the sugar and the Rosewater boyle to-
gether softly, till it boyle and fall againe
thre times. Then take fine Rie flower
and sift it on a smooth board, and with a
spoon take of the Sugar, and the Rosewa-
ter, and first make it all into a round cake,
and

and then after into little Cakes, and when they be halfe colde, wet them ouer with the same Rosewater, and then laye on yong golde, and so shall you make very good Manus Christi.

To make a Caudle to comfort the stomacke good for an olde man.

Take a pint of good Muscadine, and as much of good Ale ale, mingle them together, then take the yolkes of twelue or thirtene egges new laide, beate wel the Egges first by themselves, and with the wine and ale, and so boyle it altogether and put thereto a quarterne of Sugar, and a few whole mace, and so stirre it well, till it seeth a good while, and when it is well sod, put therein a few slices of bread if you will, and so let it soke a while, and it will be right good and wholesome.

To make a trifle.

Take a pinte of thicke Creame, and season it with Sugar and Ginger, and Rosewater, so stirre it as you would, then bue it and make it luke warme in a dish on a Chafingdishe and coales, and after put it into a silver peece or a bowle, and so serue it to the boord.

To

To make Marmelat of Quinces.

You must take a pottle of Water, and foure pound of Sugar, and so let them boyle together, and when they boyle, you must skimme them as cleane as you can, and you must take the whites of two or thre Egges, and beate them to froth, and put the froth into the pan so; to make the skum to rise, then skimme it as cleane as you can, and then take off the Kettle, and put in the Quinces, and let them boyle a good while and when they boyle, you must stirre them still, and when they be boyled you must bore them.

To make butter paste.

Take flour, and seauen or eight Egges, and cold butter, and faire water or Rose water and spices, if you will, and make your past, and beat it on a tow, and when you have so done, deuide it into two or thre partes, and drine out the peece with a rowling Pinne, and doe with butter one peece by another: and then folde vp your paste vpon the butter, and drue it out againe, and so doe thus or fire times together. and some cut so; beatings. and put them into the Oven, and when they be baked, scrape Sugar on them, and serue them.

To make Fritter stiffe.

Take fine flower, & three or foure egges and put into the flower, and a pice of Butter, and let them boyle altogether in a dishe or a chafin, & put in suger, synamon and Ginger, and Rosewater, and in the boyling put in a little grated bread, to make it bigge, and then put it into a dish, and beate it well together, and so put it into your moule, and frye it with clarified butter, but your butter maye not be too hott nor too colde.

To make a made dishe of Artichokes.

Take your Artichokes and pare away all the top euen to the meat, and boyle them in swete broth til they be somewhat tender: and then take them out, and put them into a dish, and seeth them with Pepper, synamon and ginger & then put in your dishe that you meane to bake them in and put in marrowe to them good Rose, and so let them bake, and when they be baked, put in a little Wineger and butter, and Dicke three or foure leaues of the Artichokes in the dish when you serue them vp, and scrape suger on the dish.

To

To frie Bacon.

Take Bacon and slice it very thinne, and cut away the leane, and bruse it with the backe of your knife, and fry it in sweete Butter, and serue it.

To frie Chickins.

Take your chickins and let them boyle in verie good sweete broth a pottle whie, and take the chickins out, and quarter them out in peeces, and then put them into a frying pan with sweete butter, and let them steeve in the pan, but you must not let them be browne with frying, and then put out the Butter out of the pan, and then take a little sweete broth, and as much Mergise, and the yolkes of two Egges, and beate them together, and put in a little Nutmegges, Cinamon and Ginger, and Pepper into the sauce, and then put them all into the pan to the chickins, and steeve them together in the pan, and put them into a dish and serue them vp.

To make a boyled meate after the French waies.

Take pigions and larde them, and then put them on a Broach, and let them be halfe roasted, then take them off the broach, and make a brooding of sweete hearbes of

every softe a good handfull. and chop Ore
white amongst the hearbes very small, and
take the yolkes of fyve or sixe Egges, and
grated bread, and season it with pepper, Si-
namon and Ginger, Cloues and mace, Cin-
ger and Currans, and mingle all together,
and then put the Ruffe on the pigeons, round
about, and then put the pigeons into the ca-
bages that be pithy, and binde the cab-
bage fast to the pigeons, and then put them
into the pot wher you meane to boyle them,
and put in Beefe broth into them, and Tab-
beges chopped small, and so let them boyle,
and put in Pepper, Cloues and Mace, and
pricke the pigeons full of Cloues before you
put the pudding on them, and put a peece of
Butter, synamon and Ginger, and a litle
Vinegar and white wine and so serue them
up, and garnish them with fruite, and serue
one in a dishe, and but a litle of the broth
you must put into the dish, when you serue
them up.

To make a Sallet of all kinde
of hearbes.

Take your hearbes and picke them very
fine in colde water, and picke your flo-
wers by themselves, and wash them all
cleane, and swing them in a Strainer, and
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T

of Cookery.

SE

when you put them into a dish, mingle them with Cucumbers or Lemmons payed & sliced, and scrape ginger, and put in Vineger and Oyle. and thrust the flowers on the toppe of the sallet, and of every sort of the aforesaid thinges, and garnish the dish about with the foresaid thinges. and have Egges boyled. and laid about the dish. and upon the sallet.

A sauce for a Cony.

Cut Onions in rundels. and frye them in butter, then put to them wine Vineger, salt. ginger. camomill and pepper, and a little suger. and let it boyle till it be good and thick, then serue it vpon the Conie.

To make a Sallet of Lemmons.

Cut out slices of the peele of the Lemmons long wayes, a quarter of an inch: one peece from another, and then slice the Lemmon very thinne, and lay him in a dish close. and the peeles about the Lemmons, and scrape a good deale of suger vpon them. and let stand them.

To make a sausedge.

Take Spattinmash heele. or if you cannot get it, take fresh beefe. or the leane of bacon if you will, & you must mixe

very small that kinde of flesh that you take and cut Larde & put into the minced meate, and whole pepper, and the yolkes of seauen Egges, and mingle them altogether, and put the meate into a gut very salt, and hang him in the Chimney, where he may dry, and there let him hang a month or two before you take him downe.

To make a Pie.

First perboyle your flesh and presse it, and when it is pressed, season it with pepper and salt whilst it is hot, then lard it, make your paste of Rie flower, it must bee very thick, or else it will not hold, when it is seasoned and larded, laye it in your ppe, then cast on it before you close it a good deale of Clones and Pars beaten small, and throwe upon that a good deale of butter, and so close it up you must leaue a hole in the top of the lid, & when it hath stood two houres in the Duen, you must fill it as full of Clinger as you can, and then stoppe the hole as close as you can with paste, and then set it into the Duen againe, your Duen must be very hote as the first, and that your Pies will keepe a great while, the longer you keepe them, the better they will bee: when they be taken out of the Duen, and almost colde

colde, you must shake them betwene your handes, and let them with the bottoms upwards, and when you set them into the D-
 nen, bee well ware that one pye toucheth
 not another by more then ones hand breadth:
 Remember also to let them stand in the D-
 nen after the vinegar be in two houres and
 more.

To make white broth with
 Almondes.

First looke that your meate be cleane wa-
 shed, and then set it on the fire, and when
 it boyleth scumme it cleane, and put some
 salt into the pot, then take rosemarie, thyme,
 Hyop and margetum, and binde them toge-
 ther, and put them into the pot, and take a
 dishe of sweete butter, and put it into the
 pot amongst your meate, and take some
 whole p-
 ce, and binde them in a clout, and
 put them into the pot with a quantitie of
 bergice, and after that take a quantitie of
 Almondes as shall serue the turne, blanch
 them, and beate them in a mortar. and then
 straine them with the broth wher your meate
 is in. And when these almondes are strained
 put them in a pot by themselves, with some
 sugar. and a little Ginger. and also a lit-
 tle Rose-water. and then stirre it while it

boyle. and after that. take some sliced oren-
ges without the kernelles, and boyle them
with the broth of the pot vpon a chaffingdish
of coales with a little suger. and then haue
some tuppets ready in a platter, and serue the
meate vpon them, and put not your Al-
monds in till it be ready to be serued.

To make Pottage to loose
the body.

Take a chicken. & seeth it in running wa-
ter, then take two handfulls of Violet
leaves, and a good pretty soyle of ray sine of
the Summe, picke out the bones, and seethe
them with the chickens, and when it is well
fodden, season it with a little salte, & straine
it and so serue it.

To make another very good
pottage to be vsed in the
morning.

Take a chicken, and seeth it in faire wa-
ter, & put to it Violet leaues a handfull
or two or else some other good hearbes, that
you like in the head of the hen, and so let them
seeth altogether, till the chicken bee ready to
fall a peeces, then straine it, and cut thinn
peeces of breade, and seeth it till the breade
be very tender, and then season it with salte,
And on the sabbath day seeth the hearbes as
before

besoze in faire running water, and skime it
and seeth bread as besoze in it, and season it
with salt and put in a peece of butter.

To boyle diuers kinde of
fish.

Bet. Conger. Thornebacks. plaice. fresh
Salmon. all these you must boile with a
little faire water and vineger, a little salt, and
bay leaues. and sauce them in vineger, and
a little of the breath that they are sodden in
with a little salt, and as you see cause spitt
pout sauce as you doe beste in boile: and also
to fresh Sturgeon. seeth it as is aforesaid,
and sauce it as yee did the other, and so ye
may keepe it halfe a yeare with changing
of the sauce: and salt Gurgion, seeths it in
water and salt, and a little vineger. and let
it be cold. and serue it forth with vineger, and
a little fennell seed, but scillars ye seeths
it. it must be watered.

To make broth for one that
is weake.

Take a legge of beale. and set it ouer the
fire in a gallon of water, skimming it
cleane, when you haue so done. put in three
quarters of a pound of small ray fish, halfe
a pound of pikes. a good handfull of Bur-
rage, as much langoe beefe, as much mutton
and

and thelike quantitie of Hart's tongue, let all these set together, til all the strength of the flesh be sodden out, then straine it so cleane as you can, and if you thinke the patient be in any heats, put in violet leanes and sanoxle as you doe with the other hearbes.

To boyle a Capon with
syrrope.

Boyle your Capon in sweete broth, and put in grosse pepper and whole mace into the Capons bellie, and make your syrrop with spinage, white wine and currantes, sugar. synanon and Ginger, and sweet butter and so let them boyle. and when your capon is ready to serue, put the syrrops on the capon, and boyle your spinage before you make your syrrop.

To dresse a Hare.

Wash her in saice water, perboyle her, then laye her in colde water, then larde her and cooke her, and for sauce take red wine. saice. vinegar. ginger pepper. cloues and mace. put these together, then cooke onions and apples, and frye them in a panne, then put your sauce to them with a little sugar, and let them boyle together, and then serue it.

To

To bake a Hare.

Take your Hare and perboyle him, and
 sauce him, and then beate him in a mo-
 ter very fine, liuer and all, if you will, and
 frason him with all kinde of spice, and salte,
 and doe him together with the yolkes of sea-
 uen or eight egges, when you haue made
 him by together, drawe Larde very thicke
 through him, or cut the Larde and mingle
 them together, and put him in a ppe, and put
 in butter, before you close him by.

To rostie Deares tongues.

Take Deares tongues and lard them and
 serue them with sweete sauce.

To make Blewemanger.

Take a pinte of Creame, twelue or thre-
 teene yolkes of egges, and straine them
 into it, and seeth them well, euer stirring it
 with a sticke that is broad at the end, but be-
 fore you seeth it, put in suger, and in the se-
 thing taste of it, that you may if need be, put
 in more suger, and when it is almost sodden
 put in it a little Rose water, that it may taste
 thereof, and seeth it well till it be thicke, and
 then straine it againe, if it hath neede, or else
 put it in a sayre Dishe, and stirre it till it
 bee almost cold, and take the white of all the
 Egges, and straine them with a pinte of
 creame

Cream, and seeth that with suger, and in the end put in rose water as into the other, and seeth it till it be thicke enough, and then use it as the other, and when ye serue it, ye may serue one dish of one and another of the other in roiles, and cast on bishets.

To make Peasecods in Lent.

Take figs, Raisins, and a fewe dates, and beate them very fine, and season it with Cloues, Spice, Cinamon, and Ginger, and so your paste seeth faire water and oyle in a dish vppen coales. put therein saffron, and salte, and a little flower, fashion them then like peasecods, and when ye will serue them, frye them in oyle in a frying-panne, but let the Oyle be very hotte, and the fire soft for burning of them, and when ye make them for fleshe dayes, take a fillet of beafe and mince it fine, and put the yolkes of two or three rawe egges to it, and season it with pepper, salt, cloves, mace, cori, suger, synamon, ginger, small cay lins, or great minced, and so your paste, butter the yolke of an egge, and season them, and frye them in butter, as ye did the other in oyle.

To bake Quinces, Peares
and Wardens.

TAKE and pare & coare them, then make your paste with faire water, and butter and the yolke of an egge, then set your Dishes into the paste, and then bake it well. Fill your paste almost full with synemop, Ginger and Sugar. Also Apples must be taken after the same sort, saving that whereas the core should be cut out they must be filled with butter every one, the hardest Apples are best, and likewise are Peares and Wardens, and none of them all but the wardens may be perboyled, and the Quen must bee of a temperate heate, two houres to stee is enough.

To make a Tarte of Spinadge.

TAKE Spinadge and sceth it strake and all, & when it is tenderly sodden, take it off, and let it dryne in a Cullender, and then twine it in a cloute, and wringe it and wrayne it with two or thre yolkes of eggs, and then set it on a chaffin dish of coales, and season it with butter and Sugar, and when the paste is hardened in the Quen put in this Comode, strake it even.

To

To make blame mangle.

Take all the baine of a capon and stamp it in a mortar fine, and blanchd Almonds, and sometimes put to them Rose-water, and season it with powder of Synamon, ginger, and sugar, and so serve it.

To make a Tarte of an eare
of Veale.

Take two pound of great Mayns, and wash them cleane, and plicke them: and take out the stones of them, and take two Kidneys of Weale, and a peece of the legge which is leane, and boyle them altogether in a pot with the straint of the broth of mutton, and boyle it, and let it boyle the space of one howre, then take it uppe and choppe it fine, and temper it with crummes of bread finely grated, and take nine yolkes of eggs. & temper them altogether, and season the with Cinamon, ginger, sugar, and small Mayns. great Mayns minced, Dates and Saffron, Then take fine flower and water, and thre yolkes of Egges. Butter and saffron, and make them like a round Tart, close with a cover of the same paste, and set him in the Oven, and let him stand one howre, then take him forth, and endoze it with Butter
and

and cast on powder of Spynamon. ginger. and
suger. and so serue it.

To make a Tarte of Straw-
beries.

Take Strawberies, and wash them in
claret Wine, thicke and temper them
with Rosewater, and season them with A-
nimon. suger and ginger. and spread it on
the Tarte, and endoze the sides with butter
and cast on Suger and Biskettes, and serue
them so.

To make a close Tarte of Cherries.

Take out the stones, and lay them as
whole as you can in a Charger, and
put Mustard, Animon. and Ginger into
them, and laye them in a Tarte whole, and
close them, and let them stande thre quar-
ters of an houre in the Duen, then take a
syrrope of Muskadine, and damaske water
and suger and serue it.

To make a close Tarte of greene Pease.

Take halfe a pecke of greene Pease, shale
them and seeth them, and cast them into
a cullender, & let the water goe from them,
then put them into the Tarte whole, & season
them with Pepper, saffron and salts, and a
dish of sweete butter. close and bake him, al-
most one houre, then draine him, and put to
him

him a little Tergice, and Bake them and set them into the Oven againe, and soe best.

To make a Tarte of Damsons.

TAke Damsons, & seeth them in wine, & straine them with a little Cream, then boyle your stoffe over the fire til it be thicke, put there of suger, synamon and ginger, but set it not into the oven after, but let your paste be baked before.

To make a florentine.

TAke the kidneies of a loyne of beale, that is roasted, and when it is cold, shredde it fine, and grate as it were halfe a Panchet verie fine, and take eight yolkes of Egges and a handfull of Currans. and eight dates finely shred, a little synamon a little ginger, a little suger, and a little salt, & mingle them with the kidneies, then take a handfull of fine flower and two yolkes of egges. and as much butter as two Egges. and put into your stower, then take a little seething liquor, and make your paste. and drue it abroad very thinne, then strake your dishe with a little butter, and lay your paste in a dishe, & fill it with your meate, then druing an other sheete of paste, thinne and couer it withall cut it handsomely upon the top, and by the sides, and then put it into the Oven, and

and when it is halfe baked, draw it out, and take two or thre feathers, and a little rose-water. and wette all the couer with it, and haue a handfull of suger finely beaten, and strew tpon it, and see that the Rosewater wet in euery place, and so set it in the oven againe, and that will make a saye is vppon it, if your Oven be not hotte enough to reare vpon your ise, then put a little fire in the ouens mouth.

To make Almond Butter, after the best and newest fashion.

Take a pound of Almonds or more, and blanch them in colde water, or in warme, as you may haue leysure: after the blanchinge let them lie one houre in colde water. then stamp them in faire colde water as fine as you can, then put your almondes in a cloth, and gather your cloath round vpon your hands, and presse out the succe as much as you can, if you thinke they be not small enough, beate them againe, and so get out milke so long as you can, then set it ouer the fire, and when it is ready to seeth, put in a good quantitie of salte, and Rosewater that will turne it, after that is in, let it haue one boyling, then take it from the fire and cast it abroad vpon a linnen cloth,

and vnderneath the Cloath scrape of the Whey, so long as it will runne, then put the butter together into the midst of the cloth, binding the cloath together, and let it hang so long as it will drop, then take peeces of Sugar so much as you thinke will make it sweete, and put thereto a little rosewater, so much as will melte the Sugar, and so much fine powder of saffron as you thinke will colour it, then let both your sugar and Saffron keepe together in the little quantity of Rosewater, and with that season by your butter when you will make it.

To make Oister Chewets.

TAke a pecke of Oysters, and washe them cleane, then cheale them and wash them faire in a Cullender, and when they be sodden, straine the water from them. and chop them as small as Pie meate, then season them with pepper, halfe a pennyworth of cloves, and Spice, halfe a pennyworth of Dynamon and ginger, and a pennyworth of Sugar, a little saffron and salt, then take a handfull of small raisins, small dates minced small, and mingle them altogether, then make your palle with one pennyworth of fine flower, tenne yolkes of Egges, a halfe pennyworth

neworth of Butter, with a little saffron and
boyling water, then raise vp your cheuets
and put in the bottome of euery one of them
a little Butter, and so fill them with your
stufte, then cast pines, Dates, and small
Mayns vpon them and being closed, bake
them. let not your Durn bee too hotte, for
they will haue but little baking, then dray
them, and put into euery one of them two
spoonesfull of bergice and butter, and so serue
them in.

To make a Tarte of Medlers

TAke medlers that be rotten. and stampe
them, then set them on a Chasingdishe
and coales, and beate in two yolkes of
Egges, boyling it till it bee somewhat thick,
then season them with suger, Cinamon and
ginger, and lay it in paste.

To make a Quinces moyse, or
Wardens moyse.

You must roste your Wardens or quin-
ces, and when they be roasted, pill them,
and straine them together, and put in Su-
ger, Synamon and Ginger, and put it i
a plate, and then smooth it with a knife, an
scrape a little Suger on the top, and niche
little with a knife.

To make an other pretie dish with ~~water~~
and the iuyce of two or three
Orenge.

Straine them into a dishe, and so make
Chambers of paste upon a sticke put the
stiches upon a loafe of bread, and so brye to
in the Oven. and then clarifie a little butter
and frye them in it, and laye them in a dish,
and serue sugar on them.

To make Hipocras.

Take a gallon of White wine, sugar two
pound, of synamon i j. lb. ginger y lb. long
Pepper y lb. Cardus y lb. not brused, Scaines
y lb. Gallingall. i lb. cb. Cloves not brused,
you must bruse euery kinde of spice a little &
put them in an earthen pot all a day, & then
cast them through your bags two times, or
more as you see cause, and so drinke it.

To make Marmelet of Quinces.

Take very good Quinces and pare them
and cut them in quarters, then roaste
them cleane, and take heed it be not a stony
Quince. and when you haue pared and coar-
ed them, then take two pintes of running
water, and put it into a brasle pan. casting
away eight spoone fulls of one of the pintes,
then weigh thys pound of fine sugar. & beate

it, and put it into the water. make your fire where you may haue good light, not in a chimney: then set on your pan vpon a Trestle, and when your suger and water beginneth to boyle, you must skumme it cleane; then put in ffire spinesfulls of rosewater, and if there arise any more skumme, take it off, and so put in your thres pounde of Quinces and so let them boile but softly, and if you see the colour were somewhat deepe, note it with a saice lice bee breaking of them, and when your liquoz is well consumed away, and the colour of your quinces to grow fairer, then be still stirring of it, and when it is enough, you shall see it rise from the bottom of your pan in stirring of it, and so boyle it, e yee shall haue it to be good marmelot, and a very oylent colour: if you will, you may put some muske into it, some rosewater, and rub your boyle withall, it will giue a pretty sent, and it is a very good way.

To make a sirrope of Quinces to comfort the stomacke.

Take a great pint of the iyce of quinces. a pound of suger. and a good halfe pint of vinegar. of ginger. the weight of 5. groates. of spianon. the weight of ffire groats, of pepper, the weight of thres groates.

To make Marmeleet of Quinces.

Take verie good Quinces, and pare them & cut them in quarters, then coze them cleane, and take heed it be not a stony quince, and when you haue pared and cozed them, then take two pintes of running water, and put it into a braise pot, casting away eight spoonesfulls of one of the pinter, the waight of foure pound of fine suger, & beats it & put it into the water, make your fire where you may haue good light, and not in the chimney then set ouer your pan vpon a Treuet, and when your suger and water beginneth to boyle, you must straine it cleane, then put in five spoonesfulls of Rosewater, and if there rise any moze skumme, take it off, and put your marmeleet into bores.

To make condomacke of quinces.

Take five quartes of running water, and a quart of french wine, put the together, then take Quinces and pare them, and cutte them till you come at the cozes, then weigh ten pound of the quinces, and put them into your pan of water and wine, and boyle them ouer a quicke fire, till they bee tender, keeping your panne very close conered, then take a peece of fine canuas & put your quinces and liquoz in it, and when your sirrope

is all run through, put in so much fine Sugar as will make it sweete, and set it ouer a chafin fire againe, stirring with a sticke till it be so thicke, that a drop will stand vpon a dishe, then take it from the fire, and put it in boxes.

To make cast Creame.

Take milke as it cometh from the cow, a quart or lesse, and put thereto rawe yolkes of egges: temper the milke, and the egges together, then set the same vpon a chafin dishe, and stirre it that it curd not, and so put Sugar in it, and it will be like Cream of Almondes, when it is boyled thicke enough, cast a little sugar on it, and sprinkle Rosewater thereupon, and so serue it.

To make good Resbones.

Take a quart of fine flower, lay it vpon a faire boorde, and make a hole in the middell of the flower with your hand, and put a spoonesfull of Ale yeast thereon, and ten yolkes of Egges, & two spoonesfulls of cinnamon and one of ginger, and one of cloves and Pace, and a quartone of sugar finely beaten, and a little saffron and halfe a spoonesfull of salte, then take a dishe full of Butter, melle it, and put into your flower, and

therewithall make your paffe, as it were for
manchet, and moule it a good while, & cut
it in peeces of the bignesse of Ducks egges,
and so moule every peece as a manchet, and
make them after the fashion of an inkbayne
broad above and narrow beneath. then set
them in the Oven. and let them bake three
quarters of an houre. then take two dishes
of butter. and clarifie it vpon a soft fire, then
draw it out of the oven. and scrape the bot-
toms of them faire and cleane, and cut them
ouerthwart in foure peeces, and put them
in a faire charger. and put your clarified
butter vpon them, and haue synamon and
ginger ready by you, and suger beaten ve-
ry small, and mingle al together, and ever
as you set your peeces together, cast some of
your suger. synamon and ginger vpon them,
when you haue set them all vp, lay them in
a faire plaister & put a little butter vpon them
& cast a little suger on them, & so serue them.

To make a vaunt.

Take Parie of Beefe as much as you
can holde in both your handes, cut it as
bigge as great Dice, then take dates and
cut them as bigge as small Dice, then
take sortie prunes, and cutte the frutes
from the stones, then take halfe a handfull
of

of small raisons. wash them cleane and
 picke them, and put your marie in a saye
 platter and your Dates. Dates and small
 raisins. then take twentie yolkes of egges.
 and put in your stuffe before rehearsed, then
 take a quarterne of Sugar or more, and
 beate it small, and put in your marrow, then
 take two spoonfulls of Cinamon and a
 spoonfull of Ginger. and put them to your
 stuffe and mingle them altogether, then take
 eight yolkes of egges, and four spoonfulls
 of Rose water straine them and put a little
 Sugar in it, then take a faire frying panne
 and put in a little peece of Butter in it. as
 much as a walnut set it vpon a good fire,
 and when it looketh almost blacke, put it
 out of your panne, and as fast as yee can,
 put halfe of your Egges in the midd of
 your panne, and frie it yellowe, and when
 it is fried, put it into a faire dish, and put
 your stuffe therein, and spread it on the bot-
 tome of your dish. and then make another
 baunt enen as ye made the other, and set it
 vpon a faire boord, cut it in prettis peeces, of
 the length of your will finger, as long as
 your baunt is, and laye it vpon your stuffe
 after the fashion of a little Windows, and
 then cutte off the endes of them, as much

as

as lyeth without the inward compasse of the
dyshe, then set the dyshe within the Duen, or
in a baking panne, and let it bake with ley-
sure, and when it is baked enough, the mar-
rowe will come faire out of the haunt to the
brymme of the dyshe, then drawe it out, and
cast a little suger on it, and so serue it in.

To preserue Quinces whole.

Take a pottle of faire water, and put it
into a cleane panne, and beate iii. pound
of fine suger, and put into it, then set it on the
fire, and when you haue skimmed it, put
in twelue spoonefulls of Rosewater, then
take x. faire Quinces and pare them, and
core them cleane, then put them into your
sirrope, and so couer them very close, for the
space of two houres with a sayze platter,
and let them boyle a good pace: at the two
houres end uncover them, and looke whe-
ther you finde them tender, and that they
haue a faire crimson colour, then take them
vp, and lay them vpon a faire platter, con-
cealing your sirrope againe. And let it seth
while it be somewhat thicke, then put your
Quinces into your sirrope againe, and so
haue a faire gallie pot, and put in both your
sirrope and quinces as fast as you can, and
couer

cover your potts close, that the heate goe not
forth, you must not put them in a glasse, for
it will breake,

To Preserve Peare Plumm.

First take two pound and a halfe of fine
Sugar, and beate it small, and put it in
to a prettie brasse pottle with xx. Spoonfulls
of rosewater, and when it boyleth, skimme
it cleane, then take it off the fire, and let it
stand while it be almost cold, then take two
pound of Peare plumm, and wipe them
vppon a saire cloath, and put them into your
syrrope when it is almost colde, and so sette
them vppon the fire againe, and let them
boyle as softly as you can: when they are
boyled enough, the kernells will be yellowe,
then take them vp, but let your syrrope boyle
till it be thicke, then put your plumm vpp
pon the fire againe, and let them boyle a
waile or two, so take them from the fire,
and let them stand in the vessell all night,
and in the morning put them into your pot
or glasse, and couer them close.

To preserve Orenge.

Chuse out the fairest, and the heaviest,
that is full of liqour, and cut them full
of little specks, then make a little round hole
in the stalke of the Orenge, and breake the
Rings

Strings of the meate of the Dzenge, & clothe
the meate to the sides of your Dzenge with
your finger, then will parte of the iuyes and
kernels come out, and laye them in Water
thre dayes and thre nights, then take them
out, and set a pan with water ouer the fire,
and when it seethes. put in your Dzenge:
let them not seethe too fast, then you must
haue another panne with water ready se-
thing, to shift your Dzenge out of the other
water when they haue sodden a litle while,
and so haue one panne after another, to shift
them still vppon the fire. x. c. xii. times to
take away the bitternesse of the Dzenge
and you must keepe them as whole as you
can in the boyling, and then take them vp
one by one, & lay them vpo a platter, the hole
downeward, that the water may runne the
clearer out of them, then let them stand so
vntill you haue boyled your Scroppe, take
to euery two Dzenge. a pinte of water, & a
pound of suger, let your suger be finely bea-
ten befoze you put it into your liquoz, & loke
that the kettle you boyle them in, be swete
brasse, then take x. whites of egges and put
them into your kettle with your liquoz and
suger, and beats your whites of Egges, and
the

of Cookery.

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The liquor together, a good quarter of an
houre, then set your liquor vpon a softe fire
of coales, and let it scethe so longe as you can
haueing a faire skimmer, and a Cullender
ready, and set your Cullender in a faire Ba-
son, and as your whites of Egges rise in
skumme, take them vp with your skimmer
and put them in your Cullender, and you
shall haue a great quantitie of strophe come
from your skumme, through your Cullen-
der into your bason, and that you must save
and put it into your Kettle againe, and when
your great skumme is off, there will arise
still some skumme, which you must take
off with a skimmer, as cleane as you can,
and when your strophe hath sodden a pretty
while, then put in your Dzenges, and let
them boyle so. tye, till you thinke they be e-
nough, & the stroppe must be somewhat thicke,
then let your Dzenges stand all night vpon
the fire, but there must bee nothing but im-
bers. And in the morning take them vp and
put them in glasses or gally pore.

To Preserve Cherries.

To euery pound of cherries take a pound
of suger, that done, take a few cherries,
and distaine them to make your strophe,
and to euery pound, a pound of suger, and
cherries

cherries, take a quarter of a pound of sirrope, and this done, take your sirrope and sugar, and set it on the fire, then put your cherries into your sirrope, and let them boyle six seuerall times, and after euery boyling skum them with the backside of a spoone.

To preserve Gooseberies.

TAke to euery pound of Gooseberies, one pound of Sugar, then take some of the Gooseberies and distraine them, then take the sirrope, and to euery pound of Gooseberies, take halfe a pound of sirrope, then set the Sugar and sirrope over the fire, and put in the Gooseberies, and boyle them foure seuerall times, and skumme them cleane.

To make Apple moyse.

Roast your apples, and when they bee roasted, pill them and straine them into a dish. and paire a dosen of Apples, and cut them into a chaser, and put in a little white Wine and a little Butter, and let them boile till they be as soft as Wax, and stirre them a little, and straine them to some Gardens roasted and pilld, and put in Sugar, Syonamon and Ginger, and make Diamondes of Masse, and lay them in the Sunne, then scrape a little Sugar vpon them in the dish.

of Cookery.

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A powder peerelesse for
Woundes.

The Opiment and Merdigre, of each
an ounce : of Vitriall burned till it be red,
two ounces : bray each of them by it selfe in a
Wrasen morter as small as flower, then
mingle them altogether, that they appeare
all as one, and keepe it in Bagges of lea-
ther well bound, for it will last seauen yeare
with one vertue, and it is called poudre pée-
les, it hath no pierce for working in Chirur-
gerie, for put this powder in a Wounde
whereas is dead flesh, and lay scrapte Lint
about it, and a plaister of Diuiflosius next
vnderneath written, and it etc. The rest
wanteth.

A medicine for the Megrime, Impo-
stume of the Rewme, or other disea-
ses in the head.

The Bellitory of Spaine, the weight
of a groate, halfe so much Opegall.
beate these in powder, take the toppes of
Flope, of Rosemary with the flowers, three
or foure leaues of sage, in the whole of these
herbes one small handfull, boyle all these
herbes with the spices in halfe a pinte of
White Wine, and halfe a pinte of Vinegar
of Roses, vntill one halfe of the liquor be
con-

consumed, then Straine forth the hearbes and set the liqur to coole, and being colde put therunto thre spoonesfull of good Sugar, and so much honey as will take away the tartenes of the medicin, and when the patient feeleth any payne in his head, take a spoonesfull thereof, and put it into his mouth, and holde it a prettie while gargaling, and then spitte it forth into a vessel, and so vse to take ten spoonesfulles at one time in the morning fasting, vsing this thre daies together, when they feele themselves troubled with the Rheume: at the fall and spring of the lease is best taking thereof, and by the grace of God they shall finde ease.

You must keepe this same medicine very close in a glasse, whose goodnesse will last ten dayes, and when you take it, warme it as milke from the Cowe.

A Copie of Doctor Steuens
water.

Take a gallon of Gascolgne Wine, then take Ginger, Galingale, Camamile, Sinamon. Graines. Cloues. Mace. anniseedes, Fennell seedes, Caraway seedes, of euery of them one dramme, that is two pence

three halfe penny waight, then take suger,
minced red Roses, Lime, Pellitory of the
Wall, wilde Gargerum, Penny rxall, Penny
mountaine, wilde time, Lavender, anens,
of euery of them one handfull, then beats the
spice sinail, and bruse the beeches, and put al
to the wine, and let it stand twelue houres,
strking of it diuers times, then still it in a
Limbecke, and keepe the first pinte of water
by it selfe, so it is best, then will come a second
water, which is not so good as the first. The
vertue of this water is this: It comforteth
the spirites, and preserveth greatly the youth
of man, and helpeth inward diseases com-
ming of colde: against the shaking of the pal-
le, it cureth the contraction of the sinewes,
and helpeth the conception of women, it kil-
leth the wormes in the belly, it helpeth the
tooth-ache, it helpeth the colde Coughs, it
comforteth the stomacks, it cureth the colde
Dropsie, it helpeth the stone in the bladder,
and the ruines of the backe it cureth the can-
ker, it helpeth shortly a sinking breath. And
who so drieth this water, now and then, and
not too often, it preserveth him in good liking,
and shall make him some yong very long.

Approved pointes
A medicine for all mannes
of Sores.

Take brwrought Ware, Turpentine.
Oyle Oliffe, Sheeps Tallowe, or Dares
Sewet, a quantitie of euery of them, and
then take a quantitie of the iuce of Ruegel,
the iuce of smallage, a quantitie of Ros-
sen, and boyle them altogether ouer a
soft fire, stirring them alwayes, till they bee
well mingled, and that the greennes of the
iuce be come, and then straine it through
a faire cloath into a cleane vessell, and this
shall heale Wounds or Sores, whatsoener
it be.

Another for all sores.

Take a quarter of a pound of Witch, as
much of Ware, as much of Rossen, as
much of Capons grease, or other soft grease,
and put them in a panne, and seeth them all-
together, till they be melted, and then straine
them through a faire cloath, and make a
plaster, to laye to the place greened.

To defend Humors.

Take beanes, the rinde of the upper skin
being pulled of, and beat them & mingle
them with the white of an egge, and make
it thicke to the Temples, it keepeth backe
humors flowing to the eyes.

To

To make Rosemarie water.

Take the Rosemarie, and the flowers in the midst of May, before sunne arise, and strippe the leaues and the flowers from the sticke, take foure or fve Alecompans rootes, and a handfull or two of Sage, then beate the Rosemarie, the Sage, and rootes together, till they bee very small, and take three ounces of Cloues, three ounces of mace, three ounces of Nutts, halfe a pound of Aniseedes, and beate these spices euery one by it selfe. Then take all the hearbes and the spices, and put thereto foure or fve gallons of good white wine, then put in all these hearbes and spices, and wine, into an earthen pot, and put the same pot in the ground the space of fiftene dayes, then take it vp, and fill it in a Syll with a very soft fire.

To make Bisket bread.

First take halfe a Pecke of fine White flower, also eight new laide Egges, the Whites and Yolkes beaten together, then put the said Egges into the flower, then take eight granes of fine Pease, and campe it in a mallet, then put halfe a pinte of good Damask water, or else Roshwater into the Pease, and mingle it together,

I Approued poyntes
and put it into wine as muscadine, but mus-
cadine is better, and put it into the stewe,
also one ounce of good anniseeds cleane pic-
ked, and put therein, and so to worke them
altogether into a Masse, as ye do beade, and
then make your biscuits into what fashion
you thinke best, and then put them into an
oven, and bake them hard if you will keepe
them long, as else but indifferent: if you will
hane it candide, take rosewater and Sugar,
and boyle them together, till they be thicke,
and so slice of bread, then set hot in the oven
untill the same be candit.

Certaine approued pointes of Husban-
dry, verie necessarie for all Hus-
bandmen to know. First
of Oxen.

Tokens whereby an Oxe is knowne to
bee good and toward for the worke, are
these: ready and quicke at the voyce, her mo-
ueth quickly, hee is short and large, great
eares, the Hoynes lively and of meane big-
nes and black, the head short, the breast large
a great pauche, the taylor long, touching the
ground, with a tuft at the end, the haire cur-
led, the backe straight, the raines large, the
leggs

legge strong and kinde, the best spots,
 and large. the best colour is blacke and red,
 and next unto that the baye and pyed, the
 white is the worst, the gray and the fallow
 or yellowe is of the lesse value. The charge
 of one that keepeth them, is chiefly to bly
 them gentlie, to serue them with meate and
 good litter, to rub or kember them at night,
 to strike them ouer in the morning, washing
 sometimes their tayles with warme water,
 also to keepe their stable cleane, and that the
 poultrie or hogges come not in, so the fra-
 thers may kill the Dren, and the dung of
 sicke hogges breedeth the murren.

Item hee must knowe discretly when
 Dren haue laboured enough, and when but
 little, and according to that they are to be
 fed.

Item that he worke them not in a time
 too calde or too wet.

Item, that he suffer them not to drinke
 presently after a great labour, and that he tie
 not them up forthwith, untill they be a little
 refreshed againe.

The Dye desireth cleare or running wa-
 ter, like as the horse desireth the pulcis or
 stroubled water.

Item that at their comming home, hee
 alwayes overlooks them, whether there bee
 any Thorne in their feete, or if the yoke
 haue galled them.

In Fraunce they gelde all their Bul-
 calnes about the age of two yeares, and that
 at the fall of the lease.

The day when they are to bee cut, they
 must not drinke, and must eate but little.
 They suddenly clippe the sinnewes of the
 Eares with a paire of tonges, and so cutte
 out the Eares in such sorte, as they leane be-
 hinde the end that is tyed vnto the sinnewes
 so so the Calfes or Bullocke shall not bleed
 overmuch, nor shall lose all his virility and
 courage.

At the age of ten monthes the Bullocke
 chaungeth his foreteeth, and at sixe Monthes
 after they scale the next teeth, and at the
 ende of three yeares hee chaungeth all his
 teeth.

Note when an Oxe is at best. his teeth
 are squall, white and long, and when hee is
 olde. the teeth be vnequall and blacke.

If an Oxe haue the lalke, which often
 times is with bloud, and maketh him very
 weake, they keepe him from drinke foure or
 fve dayes. they giue him Maluities and
 hard

hard Cheese tempered in thicke wine, and
for the bittermost remedies, they let him blase
in the middelt of the forehead.

To make him lose bellied, they give him
two ounces of aloes, made in powder with
warne water.

An Dropitteth blond of beeing too much
chafed, or of eating ill hearbes, or flowers
they keepe him from drinke, and drench him
with Treacle in two pintes of wine or ale,
putting thereto saffron.

For the Cough they leath Hops in his
drinke.

For the biting of an Adder, or venemous
dogge, they noint the place with Oyle of
Scorpion.

If he be lame of colde in his feete, they
wash him with olde wine warmed.

If he be lame of the abundance of bloud
fallen downe into the pastoznes and hoofs,
they dissolue it by rubbing and lancing.

Item the better to keepe their Oxen in
health, whether they bee to be labourd, or to
be fatted, they wash his mouth eight dayes
with wine, and there is taken away much
seame, which taketh from an Ox his taste
and stomacke.

If the seame haue made him haue the

murre, which is knowne by the watering of the eye, they wash his mouth with time and white wine, or rub it with water and salt.

Of Horses.

Tokens of a good Colte, the head little and leane, the eare straight, the eies greate. the nostrels wide. the necke little towards the head, the backe short and large, close bellied, the cullions or stones equall, and small. the tayle long. Stuffed with hayze, thicke and curled, the legges equall, high and straight. the hoose blacke. hard and hie. he should be quicke and pleasant.

The age of Horses is knowne partly by the hoose, and principally by the teeth. When the horse is two yeares and a halfe, the middle teeth above and beneath doe fall.

When he is foure yeare olde, the dogge teeth fall, and others come in their places, before he be five yeares olde, the great teeth above do fall. and the first yere the first that sel come againe, the seventh yeare all is full, and they be all shut.

Of sheepe.

Certayne dayes before the Hammes be put to the Poyues, they drench them with salt water, thereby the poyues will take

take the better, and the Hammes (they say) were more full of appetite.

To haue many male Lambes, they chuse a drye time, the winde at North, letting the yowes goe in pasture that lieth open against the Southerne winde, and then put in the Hammes.

To haue many female Lambes, they contrariwise obserue the South winde.

When a yowe is with lambe, if she haue a blacke tongue (they say) the lambe will be blacke, and if the tongue be white, the lambe likewise will be white.

Tokens of a good sheepe : a great bodie, the necke long, the wooll deepe, soft and fine, the bellie great and covered with wooll, the teets great, great eyes, long legges, and long tayle.

Tokens of a good Ram, the body high and long, a great bellie covered with wooll, a fleece thicke, the forehead broad, eyes black, with much wooll about them, great eares covered with wooll, great knees, well harned, but the more withed the better, the tongue and pallet of the mouth all white, so the ends that the Lambes may bee all white.

Of

The Hogge of himselfe though filthy yet they say hee prospereth the best, if hee lodge in a cleane dwe, and euerie moneth his eye should be cast ouer with fresh gravel, or sand, to make his lying fresh, and to dreye vp the pisse and filth.

They gelde their pigges when they are a yere olde or sixe monthes at the least, for they were much greater if they be gelded at the said age.

They chuse them Bores that haue the head short and large, the best large, colour blacke or white, the feet short, the legs great, and they that haue strongest haire on the top of their backe.

Those are to bee kept for sowes which be longest, with hanging bellies, greates Lettes, deepe ribbed, a little head, and short legges.

Hogges be sicke when they rubbe much their eare, or rescadne their meate, but if none of these signes appeare, they plucke off one of his hairens on the backe, if he be cleane and white at the roote, he is well, if he be blouby or soule, he is sicke.

They will haue their Hogges eyther all white, or all blacke, and in any wise not speckled

speckled o; of two colours.

They rescapne from dunging their land while the moone increaseth, so; that they note more abundance of weedes to come thereby.

Touching the sowing of Beanes, they obserue this. At the fall of the Lease, in strong land, they sow the great Beanes. At spring time in weake and round ground they sow the common small beane, and both so; at the full of the moone, that they may be the better rodded.

They vse to cut them at the new of the spoone before day.

Their flare as soone as they haue gathered it, they set it vnder a house o; house, and suffer it not to take raine o; dew as we doe.

To make Chiese yellow, they put in a little saffron.

To keepe Apples, they lay them on straws strewed, the eye of the apple downwards, and not the steme.

And when they would haue any greates Roze, well and long kepte from perishing they gather and choose the soundest, heauyest and sayrest, being not ouer riped, they prouide a Hogsted, flat, o; great hutch, they

they bring the Apples where it shall stand, then they lay a lane of strawe, and upon the same a lane of Apples, and then straw again, and apples like wise, untill the vessel be full to the brimme, shutting it close with the head or couer, that no ayze come in.

To cure the malladie of trees that bears worme-eaten fruit, which cometh of much wet or a moist season, at that time they pierce the trees through with an Auger, as neere the roots as they may, to the end that the humors whereof the wormes do breed, may distill out of the tree.

If trees through oldnes or otherwise, leaue bearing offscuts usually, they be not to lop them, but onely cut away the head boughes, they uncover the rootes after all saints tide, and cleane the greatest of the rootes, putting into the chiftes Shivers of stintes, or harde bones, letting them there remain, to the end that the humors of the earth may enter and ascend into the tree: after about the end of winter, they couer againe the rootes with beerie good earth: if they haue any dead carrions they burie them about the rootes of such Trees.

for sundry Diseases.

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An excellent drinke for the Tisicke
well approved.

Take a handfull of fennell roots, as much
parsely rootes, as many alisander rootes,
halfe a handfull of Borrage rootes, and put
out the pith of the said rootes, then take
halfe a handfull of penny rill, as much of bio-
let leanes. & as much of Cinkfoile. as much
Ducrozy. Endive. Hollybocke leanes, spal-
low leanes. and red garden mints. of all
these the like quantity, as of these next before
halfe a handfull of Licoris stiches scraped,
brused and beaten to fine powder, a gallon of
saice running water, boyle therein all these
simples, and boile these seeds with them, that
is thre spoonfull of anniseeds, as much fen-
nell seeds, the like of Coriander seed, and com-
min seeds, a good handfull of Dandelion roots
and so boyle altogether from a gallon to a
pottle, and let the patient drinke thereof first
and last, and it will helpe him in short space.
probatum est.

To make water imperiall for all wounds
and Cankers.

Take a handfull of redde Sage leanes, a
handfull of Delandine, as much of
Bloodbine leanes, take a gallon of Carduit
water

water and put the hearbes in it, and let them boyle in a pottle, and then straine the hearbes through a strainer, and take the liqour; and set it ouer the fire againe, take a Pint of English Honey, a good handfull of Roch Alom, as much of white Copperas, Lime beaten, a peruy worth of graines brused, and let them boyle altogether, three or foure watours, and then let the skumme be taken off with a feather, and when it is cold put it in an earthen pottle or bottle, so as it may be kept close, and so; a greene wound, take of the thinnest, and so; an olde wounde of the thickest, couer the soze rather with Heale or Gunton, skumme them with docke leanes, when that you haue dressed them with this water.

To make water imperiall an
other way.

Take a handfull of Dragon. of Scabions, of Endiue, a handfull of Impernell, a handfull of Wormewood. of Kew. of Tan-sie of cowslips. of maydenhaire. of cinquefoyle, of fetherfoyle. of daffie leanes. of Dandelion of Lime of Balme, of each of these hearbes a handfull, of Treacle a pound, of Bol armoniacke foure ounces. and when you haue all these hearbes together, you
must

must take and spend them a little, not too small, then take the Treacle, and the Boile armontacke, and mingle them and the herbes together. then put them in a stillatorie and still them. & fier.

To make Sinamon water.

Take Rhenish wine a quart, a Spanish wine a pint, rosewater a pint and a halfe, Sinamon brused a pound and a halfe, let these stand infused the space of four and twenty houres, then distill it, and being close stopped and luted, then with a soft fire distill the same softly in a Limbeck of glasse and receive the first water by it selfe.

Also if ye be so disposed to make the same water weaker, take three pints of Rosewater, and a pint and a halfe of Rhenish wine. and so distill the same, and you shall have to the qualitie of stufre, the quantity of the water, which is three pintes, but the first is best and so reserve it to your use, both morning and evening.

To make Sinamon water
an other way.

Take three quarters of Muscadine, and a pound of Syonamon, and halfe a pinte of good Rosewater, and so let them be infused the space of four and twenty houres,
and

and distill it as aforesaid, & you shal receiue to the quantitie as to the qualitie, but the first pinte is the best and the chiefe of all the other, as is manifest by practise.

To make Aqua compolita for
a lurfet.

Take Rosemary, fennell, Bisope, time, sage, Bzechound, of each of these a handfull. Penny riall. red mints. Pargerin. of each five crops, a root of Enula Campana. of Licaris, Anniseedes brused, of each two ounces, put all these to three gallons of mightie strong Ale, and put it into a brasie pot vnder an easie fire, and set the limbeck vpon it, and stop it close with some o2 paste, that no ayre do go out, and so keepe it skilling with a soft fire, and so perferme it to your vse, as needs requireth.

To make the water of Life.

Take Balme leanes and stalkes, Burnet leanes and flowers, a handfull of Rosemarie, Turmintil leanes and rootes, Rosafolis a handfull, red roses a handfull, Carnations a handfull, Hlop a handfull, a handfull of Time, red strings that growe vpon Sawery a handfull, red fennell leanes and rootes a handfull, red spints a handfull, put all these heaches into a pot of earth gla-
sed

for sundry diseases.

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sed, and put thereto as much white wine as
will couer the hearbes, and let them souke
therein eight or nine dayes, then take an
ounce of Dymamon, as much of Ginger, as
much of Nutmegs, Cloues and Maffron, a
little quantitie, of Annyserdes a pound,
great Rapins a pound, of Mager a pound,
halfe a pound of Dates, the hinder part of
an olde Cony, a good fleshy running Ca-
pon, the flesh and sinewes of a legge of mutton,
fourte yong Piggs, & a dosen of Larkes,
the yolkes of twelue egges a loafe of white
bread cutte in sippets, Muskeadell or Ba-
lard three gallons, or as much in quantitie
as sufficeth to distill all these together at once
in a Limbecke and thereto put of Spe-
thybasum two or three ounces, or else
with as much of perfect Treackell, and distill
it with a moderate fire: and keepe the first
water by it selfe, and the second water a-
lone also, & when there cometh no more wa-
ter with strings, take away the limbecke and
put into the pott more wine upon the same
stoffs, and distill it againe, and you shall haue
an other good water, and shall so remaine
good. In the first ingredience of this wa-
ter, you must keepe a double glasse warily,
so; it is reedycatione of all principall mem-
bers,

berre, and defendeth against all pestilentiall diseases, as against the Pautie, Dypsie, Splene, Yellowe or blacke Jaundice, for wormes in the bellye, and for all agues be they hot or cold, and all manner of swellings and pestilentiall sorowes in man, as melancholy, and Slegmatik, and it strengtheneth and comforteth all the spirits and strings of the braine, as the heart, the milke, the liver, and the stomacke, by taking thereof two or three spoonfulls at one time by it selfe, or with ale, Wine, or Beere. and by putting a pottle quantitie of Sugar therein, also it helpeth digestion, and doth breake winde, and stoppeth lakke, and bindeth not, and it mightily helpeth and easeth Pain or Tumor of the paine of the heart burning, and so to quicken the memoyp of man, and take of this water three spoonfulls aday, one in the morning and another after he goeth to dinner, and the third late at night.

To make a good plaster for the
Strangurie.

Take Hollyocks and violets, and Per-
curpe, th. leaues of these heertes, or the
seedes of them, also the rinde of the Cloerne
tree, and also leio Clost, of each of thesom
handfull, and beats them small, and seth
them

them in water, till halfe be consumed, then
boe them to a little oyle Olive, and all hot
make thereof a plaister, and laye it to the
soze and raine, & also in the Summer thou
must make him a drinke in this manner :
take Bayfrage, and the leanes of Elderne,
Fines leaved grasse, and sceth them in a pot-
tle of stale Ale, till the halfe be waiked, and
then straine it and keepe it cleane, and let
the sick drinke thereof first and last, and if
you lacke these hearbes because of Winter,
then take the rootes of Fines leaved grasse,
and dye them, and make thereof powder,
and then take Wynter Wyllow and burne
them, and make powder of them, and mix-
gle them together, and so let the sick use
thereof in his Pottage and drinke, and it
shall helpe him.

To make a powder for the stone
and Stranguillian.

Take blacke Myrrour berries while they
be redde, Jupe berries, the inner pitch of
the Ash tree, the stones of the Eglantine
Berries clousen, rubbed from the baye,
Rattle keyes, the rootes of Philopodia,
of all these a like quantitie, Accorde bar-
nacles, the stones of Melons, of each a like
quantitie, dyes all these on platters in an

euē till they will be beaten to powder. then take Gromell seede. Mariskage seede. Allsaunders seede. celiander seede. parslly seede. comin seede. fennell seede. annise se. of ech of these a like quantitie, as much as is before written, and dyed in like soyt, then beat all these to fine powder, and take Litrus of the best that you can get, faire scraped, as much in quantitie as of all the other. abrate it fine, and mingle it with the same powder & so kepe it close that no winde come at it, vsing it first and last with posset drinke made with white wine or ale, and when you eat your pottage or other broth, put some in it if you be sore pained, & if you haue any stons, it will come away by shewers, and if it do so when you thinke that your water beginneth to cleare againe, take this drinke that followeth, and it will cleanse your bladder and it will leaue no corruption therein.

The drinke.

Take Colsmare, with Tyme, and seeth them in running water, with as much Sugar as will make it sweete from a quart to a pinte, vse the quantitie of your hearbes according to your discretion, so that it may sauer well of the hearbes, and so vse it 9. mornings. 6. or 7. spoonesfulls at a time.

For

for sundry diseases.

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For Chingles a remedie.

Take Doves dung that is moyste, and of Barley meale heaped halfe a pound and stamp them well together, and to thereto halfe a pinte of vineger and meddle them together, and so lay it to the soze colds, layes wall leaues thereupon, and so let it lye three dayes vtremoured, and on the third day if needs require, lay thereto a new plaister of the same, and at the most he shall be whole with three plaisters.

For all manner of sinewes that are shortened.

Take the head of a blacke shepe, cammentill, Sorrell leaues, Sage, of each a handfull, and bray these heards in a mortar, then boyle them all together in Water, till they be well sodden, and let them stand till that they be colde, then drawe it through a strainer, and so vse it.

A sufferaigne ointement for shrunken sinewes and aches.

Take eight Swallowes ready to flye out of the nest, driue away the breeders when you take them out and let them not touch the earth, stamp them untill the feathers cannot be perceined, put to it Lavender cotton, of the strings of Strawberries, the tops

of mother Time, the tops of Rosemary, of each a handfull, take all their wrighte of Spay butter, and a quarte more, stampe all the scithers that nothing can be perceined in a Stone moztar, then make it vp in bailes, and put it into an earthen pottle for eight dayes close stopp'd that no ayre take theur, take it out, and on as soft fire as may bee seeth it, so that it do but simmer, then straine it, and so reserve it to your vse.

For sinewes that be broken in two

Take ~~Wormes~~ Wormes while they be knit, and looke that they departe not, and stampe them, and laye it to the soze, and it will knit the sinewes. that be broken in two.

For to knitte sinewes that be broken.

Take Archangel, and cut it in small gebets, and lay it to the soze, and take Spilfoyle and stampe it, and lay it about it hard bound, and let it lye so thre dayes, and at thze dayes end take it away, and washe it with Wine, then make a new Playster of the same, and at thze dayes ends put thereto another, and doe nothing else thereto.

Also take Veneryall and braye it, and put salte enough to them, and temper it with hony, and make a plaister thereof, and lay it
vpon

for sundry diseases

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upon the sinewes that be stiffe, and it will make them to stretch.

An oyle to stretch sinewes that be shrunk.

Take a quart of Rattes foote oyle, a pint of Rattes Gall, halfe a Pint of Mosewater, as much Aqua Vita, then put all these together into a brasie panne, then take a handfull of Lander cotton, and as much of Baye leanes, a good quantitie of Rosemary, a good quantitie of Lander spike, of Strawberry leanes the stringes and all, then take threed and binde them all in severall bunches, and put them into the panne or pottle, and set them over the fire upon cleave Coales, with the oyles altogether. and so let them boyle a good while, and when it is boyled enough, it will boyle but softly, then take it of the fire, and let it stand till it be almost colde, then straine it out into a wide mouthed Glasse Bottle, or pewter pottle, and stoppe it close, it will not continue in no wooden thing, and where the sinewes be shrunk, take of this being warmed, and annointe the place therewith, and chafe it well against the fire, and doe this morning and evening. and keepe the place warme. and you shall find great ease.

Take Bole armoniacke, and Turpentine, and make a plaister, and lay it to, and take the moose of the Hazel tree, and cast it into the wound, and it will staunch forthwith, and the longer that it is gathered the better it is. Also take a good peece of Parflamas beefe out of the roo's and heate it on the Coales, and as hot as ye may suffer it lay it thereto: also take a peece of leane salt Beefe, and let the beefe be of that greatnesse that it may fill the wound, and lay it in the fire in the hotte ashes, till it be hotte through, and all hot thrust it in the wound, and binde it fast, and it shall staunch anon the bleeding, when a maister vaine is cut, and if the wound be large.

For swelling that commeth suddenly
in mans limmes.

Take Hartes tongue, Cherfoyle, and cut them small, and then take Dregges of ale and Wheate branne, and sheeps Calloves moulte, and do all in a pottle, and seeth them till that they be thicke, and then make a plaister, and lay it to the swelling.

Also take faire water and salt, and stirre them well together, and therein wet a cloth, and lay it to the swelling.

For

for sundry diseases.

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For to make one slender.

Take fennell, and seeth it in water, a very good quantity, and wring out the iuyce thereof when it is sob, and drinke it first and last, and it shall swage either him or her.

A good ointment for scabs, and for itching of the body.

Take foure ounces of Oyle de baye, and an ounce of frankensence, and two ounces of white wheye, and thye ounces of swines greace, and an ounce of Quicksilver, that must bee slacked with fasting spittle, an ounce of great salt, as much of the one, as of the other, and of all these make an ointment, and if the scabs or itch be vpon all the whole body as well aboue the girdle as beneath, then when thou goest to bedde wash both thy handes and thy feete with warme water, and battlet them well therein by the fire, and after drye them with a cloth of linnen, then take vp with thy fingers of that ointment, and doe it in the palmes of thy handes, and in the soles of thy feete, and rub it well together that it may drinke in well e if it do soke in well, thou must put gloves on thy handes and sockes on thy feete, and thus doe every night when thou doest goe to bed
and

and if the scabbe or itch be aboute the girle,
and not beneath, then anoint but thy hands
and if the scabbe be beneath the girle, then
looke that you anoint the soles of your
shoes, and the scabbe or itch be in all the bo-
dy, as well aboute the girle as beneath, then
thou must anoint both thy handes and thy
feet as thou sittest by the fire, and thou shalt
be whole: this hath bene proued.

For all manner of scabbes.

Take Ensla Campana. red docks rootes.
Righshade woodbine leaues, and then
cast in a peece of Allome, and put in Vitriall
Romana rubified, when it is cold, and wash
the scab therewith.

And take white ointment. Rinsions.
Quicksilver. verdigrise. and mingle them
together, and therewith anoint the soze scab

For a man that hath drunken poyson.

Take betony and Stampe it, and mingle it
with water, and the poyson that the par-
tie hath drunke, will presently come forth a-
gaine.

To restore speech that is lost sodainly.

Take penicillie temper it with apfel, and
gve it to the sick to drinke it. Lape also a
plaster of this to his mouth when he grieveth.

FINIS



*The table of the booke follow-
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folio, throughout the whole
Booke.*

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